

TRAUMA HISTORY

Briefly describe any significant traumas you have experienced throughout your life, both as a child and as an adult. Further discussion of relevant details may be done in person. Following are instructions and writing lines for sharing your information.

Living through a distressing or extremely frightening event may cause long-term problems directly following what happened, or the problems may show up a few months or even years later. Any situation that leaves you feeling overwhelmed and alone can be traumatizing, and can often cause PTSD (Posttraumatic Stress Disorder).

Some common symptoms of PTSD are flashbacks, nightmares, being hyperalert, avoidance of situations that remind you of the event; irritable or withdrawn, or avoid seeking help because you don't want to think or talk about what happened.

Victimization, violence, rape, torture and sexual abuse from either a single event or ongoing emotional, or emotional and physical abuse, are frequent causes. The more terror and helplessness you felt (or feel), the more likely it is that you will have been traumatized.

Other disturbing and intense events that can linger and impair your sense of safety are the loss of a loved one, divorce or separation, feeling abandoned, loss of a home, surviving a major disaster, or home robbery are some examples.

More serious examples of life-threatening situations could include being held hostage at gun point, a near drowning or a serious accident. It could be any severe incident that feels threatening to your life or safety.

The aftereffects may cause a variety of addictive compulsions. Examples could include alcoholism, drugs, suicidal tendencies, self-sabotaging behavior or overeating, among others. The addictions are used to repress uncomfortable and distressing feelings from trauma that are rooted in the past.

Sometimes traumas do heal over time if ongoing positive loving support is available. Usually, however, one or more traumas will threaten the quality of your life for years to come and, in most cases, tend to persevere if professional help is not received. By completing this form, you will be able to safely address any issues, when you are ready, that have been buried, and have been causing deep turmoil and unrest in your life.

During treatment you will receive compassion, understanding, gentle guidance and unconditional acceptance throughout the healing process. This approach avoids the need to relive any upsetting experiences. Yet, you will feel mega pounds lighter and a new energy as you progress toward, and eventually achieve a healthier and happier life.

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